

Small boxing handbook 3 by JJefArt
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Throwing punches with different rhythms confuses opponents
You can use different rhythms to make your attacks more effective

Throwing punches to the body forces an opponent to ground defence
Especially the liver and side blows and low body abdominal blows
While throwing punches to the head might open up the body

Tip:
The uppercut is hard to defend to

A slick boxer
If you've watched a slick boxer for 1 or 2 minutes you'll notice he tilts his back
around every minute to a different pose
Be careful not to lose balance

Types of counter punchers

Passive Counter Puncher:

He only throws one counter and then runs
Always throwing hard counters
Will swing at anything that comes too close
doesn't seem comfortable/relaxed
He seems overly defensive even when you're throwing lighter punches

Aggressive Counter Puncher:

Likes to test with lighter punches
He waits calmly, sometimes standing still, sometimes moving laterally
He's sometimes stalking you to force the opponent into making a panic move
He doesn't look scared when he's standing perfectly still
Always targeting specific areas

To defeat a counter puncher:

Apply constant pressure, most counter punchers don't like constant pressure
As they like to make clean exchanges
Throw a mixture of hard and soft punches at the body and the head and mix it up
And don't give any room to move

Extra on the infighter

Boxer-Puncher, Swarmer, In-Fighter, Inside Fighter

These fighters look for that knockout by breaking down their opponent through making combinations

They fight primarily in close range, applying constant pressure to close the gap and make way for punches

An infighter must be well rounded in offense and defense

They can get in and out when needed, they have good-great power, stamina and great defensive bobbing and weaving

Getting inside creates opportunities for these fighters

They can attack the body, diminish the power of an opponents jab or cross,
they can get an opponent trapped in a bad spot
And deliver vicious uppercuts
Which are hard to block

Infighters normally clinch more because of the short range between each other
An other effective strategy is clinching to open up a hole and then throw an uppercut

Defeating an infighter or swarmer
Can be done by pivoting as infighting relies on constant forward aggression
And pivoting can put the opponent off balance
Fake a retreat by stepping back and then suddenly forward again or throw a hard punch
By counterpunching

Defeating a brawler or slugger
Most brawlers don't have a lot of stamina so making them move or increase the pace
can be a very effective strategie
Most brawlers fight at medium range
Don't get stuck in the corner
While circling around use your jab and cross these quick punches
can be given quick and you can move away quickly
Because brawlers punches are big and slower
they are susceptible to counterpunches if you can make them miss

Defeating an outfighter
Beat an outfighter by working his arms
This can be done by landing lots of blows to a fighters shoulders and upper arms
Work his body
There is a saying in boxing that goes "No abs, no legs; no legs, no fight."
What this means is that if you work an opponent's body
their footwork suffers as a result. And a boxer without footwork is a losing fighter
Because outfighters rely on their legs and movement
working their body is another way to eliminate their strengths
Avoid the jab by constant head movement
Take a hit to gain the advantage or to go in

Balanced, mixed and hybrid selfmade styles
These fighters mix make and match styles to fit
their need and what they want to accomplish between the bounds of the ring.
Some fighters will use several styles to throw off their opponent and gain an advantage

It's probably best to have sparred at least once to all textbook styles and some
mixed and hybrid styled boxers just to be prepared
It can happen you face around your own fighting style
For example it can happen that as a counter puncher you face another counter puncher
This can be a very awkward match

If you know what oppononent you are going to face and what style(s) or strategie(s) he uses

You might want to spar to some one who does around the same to prepare for the match

Some times it happens that an oppononent or sparring partner has his right leg in front while you have your left leg in front the one with the right leg in front will be used to fighting left legged forwarded oppononents but you will probably not be used to fighting right leggeg forwarded oppononents
It can be good to spar to some one who has his right leg in front just to be prepared and as extra experience

It can be good to like once in a month put your right leg in front in stead of you left leg or your left leg in front instead of your right leg in front and do some (heavy) bag work sparring or just punching the mitch or some one elses boxing gloves or do some shadow boxing

Train hand speed for faster punches

Punching out a candle flame is also a great way to develop speed and power
This can be done by jabbing and normal direct punches
If it gets to easy blowing out one candle with a punch 2 candles or even 3 or 4 candles can be put up after each other
(my personal record is 4 candles in one punch with my right hand around 2011-2012,
There's a video of it on youtube)
And be carefull not to burn down anything...